

# Kingsport Senior Center News

May 2014

Volume XXII Edition 5  
1200 East Center Street  
Kingsport, Tennessee 37660

## OMEGA CHALLENGE '14

Saturday, May 31, 2014

First Floor

9:00a.m.-Noon

Please register your team  
before May 17, 2014

Pick up registration forms in the  
front office.

The Omega Challenge is a team competition that encourages creative problem solving, extraordinary thinking and motivation activities.

### **What types of Challenges?**

The 2014 challenges may consist of the Famous Face Race, Geography Race, memory challenges or logical thinking problems.

### **Who may participate?**

Seniors aged 50 or older. We encourage seniors from the entire region to participate in the Omega Challenge.

### **How do I form a team?**

Teams consist of 4-6 members. Plan to form your team with friends, co-workers or acquaintances. Not on a team? **Don't worry, call us and we'll place you!**

# Center News

## Open Door Policy

The Kingsport Senior Center has an open-door policy and the staff is always willing to accept suggestions, comments, and questions from members.

## Kingsport Senior Center Refund Policy

The Senior Center staff is not authorized to give refunds. When a refund is required for any reason, the request is first made at the Senior Center, turned in to the Finance Department and checks are issued. Please allow at least three weeks for processing. A receipt must accompany the request for a refund.

**The Kingsport Senior Center is located at  
1200 E. Center Street at the Renaissance Center.  
For more information call the Center at (423) 392-8400  
<http://seniors.kingsporttn.gov>**

## Center Hours

**Monday thru Friday 8:00am ~ 7:00pm  
Saturday 9:00am ~ Noon**

**Lynn View Senior Center Branch Site  
257 Walker Street  
Kingsport, TN 37665  
(423) 765-9047**

**Hours: 9am to 2pm ~ Monday ~ Friday  
(See Branch Site Page for more information)**

**\*The Exercise Room and Computer Lab will close  
15 minutes prior to the closing of the Center.**

**Membership Dues  
For Fiscal Year  
July 1, 2013-June 30, 2014**

\$15 ~ Kingsport Residents  
\$35 ~ Sullivan County Residents  
\$60 ~ Out-of-County Residents

**Must be at least 50 years of age to join.**

**"The Fun Begins at 50!"**

## Kingsport Senior Center Staff

Director ~ Shirley Buchanan  
shirleybuchanan@kingsporttn.gov  
392-8403

Branch Coordinator ~ Cindy Price  
cindyprice@kingsporttn.gov  
392-8402

Lori Calhoun ~ Secretary  
loricalhoun@kingsporttn.gov  
392-8400 **FAX 224-2488**

Program Leader ~ Michelle Tolbert  
michelletolbert@kingsporttn.gov  
392-8404

Wellness Coordinator ~ Kevin Lytle  
kevinlytle@kingsporttn.gov  
392-8407

Program Leader ~ Marlana Williams  
marlanawilliams@kingsporttn.gov  
392-8405

Program Assistant ~ Jane Whitson  
janewhitson@kingsporttn.gov  
392-8406

Program Assistant ~ Amber Quillen  
amberquillen@kingsporttn.gov  
343-9713

Branch Program Assistant ~ Hannah Baker  
hannahbaker@kingsporttn.gov  
765-9047

Nutrition Site Manager ~ Sona Bingham  
246-8060

# WELLNESS

## Tennessee Yellow Dot Program

Nathan Hunt with Walgreens will be at the Senior Center on **Thursday, May 6, 2014** in the Card Room at 12:30 pm. Topic of discussion will be “Tennessee Yellow Dot Program”. The Tennessee Yellow Dot program is designed to supply first responders with an individual’s medical information in the event of an emergency. This information can mean the difference between life and death in the “Golden Hour” immediately following a serious crash.

**\* WHY DO IT?**

Medical personnel can make the best decision regarding emergency treatment when they know a crash victim’s medical conditions, medications or medical allergies. This can mean the difference between life and death.

**\* WHO SHOULD DO IT?**

- Tennessee has over 1.5 million licensed drivers fifty-five (55) years and older.
- Approximately 7.4% of Tennessee’s senior drivers have been involved in some type of fatal or injury crash.
- Anyone can be in a crash or have a medical emergency.
- The program is a simple way to make sure you are prepared.

## LUNCH & LEARN

**Fall Prevention:** Dr. David Franzus, M.D., Internal Medicine, Gerontology, will be at the Center on **Thursday, May 8, 2014**, in the Room 239 from 10:30 am to 11:30 am with lunch

sponsored by Elmcroft Assisted Living at 11:30. Topic of discussion will be “Facts About Falls”.

**Falls and Fall Injuries:**

- Are more common than strokes and can be just as serious in their consequences
- Are the most preventable cause of needing nursing home placement
- Lead to problems with daily activities like dressing, bathing, and walking around

**Among Adults 70 Years and Older:**

- 3 in 10 fall each year
- 2 in 10 who need home health care after being in the hospital will fall during the first month after coming home
- In the United States, 16 percent of all emergency department visits and almost 7 percent of all hospitalizations are for fall-related injuries

So stop by the office or call 423-392-8400 to sign up, there is a limit of 50 seats available.

## Positive Quote of the Month

*There is little difference in people, but that little difference makes a big difference. That little difference is attitude. The big difference is whether it is positive or negative.*

**Robert Collier**

## DULCIMER CLASS

Would you like to build you own Dulcimer? Johnny Clark, Blue Ribbon Dulcimer Maker will be teaching a Dulcimer class in the Wood Shop starting on **Tuesday, June 3, 2014** from 9:00 am to 3:00 pm, classes will be on Tuesday & Thursday for 6 weeks. Cost is \$200.00, which covers all your materials; with half due on the first day of class paid to the instructor and the final payment on the last day. Sign up starts on Wednesday, May 7, 2014, we will need a minimum of four for class to be held, with a maximum of six.

## Table Tennis Tournament

Come join us for a table tennis tournament on **Wednesday, June 11, 2014** at 1:00 pm in the Gym. This tournament will be doubles playing the best of three games, with prizes for 1st, 2nd, and 3rd place only. Cost is \$2.00 per person due day of tournament. We will need at least 10 to sign up for tournament to be played. Deadline for sign-up is Monday, June 9, 2014.

## HEALTH & WELLNESS FAIR

The Kingsport Senior Center’s Health & Wellness Fair will be on **Tuesday, June 17, 2014** on the 1st floor from 9:00 am to 11:00 am. **NOTE:** Registration will not start until 9:00 am! Come join us for a day of Wellness. Blood Pressure checks, and Chair Massages. Door prizes will be given during the Health Fair and you must be present at the time names are drawn to win. So mark your calendar for this very important date to be a part of the fun.

## Wellness Seminar

Tiffany Feigley, PAHM, Medicare Advocate with BlueCross Blue-Shield of Tennessee will be at the senior center on **Tuesday, June 17, 2014** at 12:30 pm in the Card Room. Topic of discussion will be “Medicare 101”. The A, B, C, and D’s of Medicare. Are you planning for retirement and want to know about Medicare? Do you think you might work past age 65, but are not sure how to handle Medicare enrollment? Do you help your parents with their Medicare choices and wish you understood more? Tiffany’s presentation will prepare you with the facts so that you can make a decision that’s best for you.

## Canoe The Clinch

Come join us as we travel to Natural Tunnel State Park to canoe The Clinch river. We will depart the senior center on **Wednesday, June 18, 2014** at 8:15 am. Cost for transportation is \$8.00 each due when you sign up, fee for canoe is \$12.00 each (cash only) due before we depart. We need a minimum of eight to sign up for trip to go, and is limited to twelve people; so when you sign up you must have a partner. Everyone bring a bag lunch with something to drink. Sign up starts on Friday, May 9, 2014.

Daily Activities and Classes at the Center

Monday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Open Woodshop ~ 9:00  
Quilting ~ 9:00 ~ Room 303  
High Impact Aerobics ~ 9:15 ~ Gym  
Camera Club ~ Go to [www.scphotogroup.com](http://www.scphotogroup.com)  
Happy Day Singers ~ 9:45  
Clay Throwing Class ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Knitting ~ 1:00 ~ Room 303  
Table Tennis ~ 1:00 ~ Gym  
Volleyball ~ 4:00 ~ Gym

Tuesday

Massage Therapy ~ 9:00-3:00 ~ Multipurpose Room ~ (appointment only)  
Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Room  
Strength Training ~ 9:30 ~ Gym  
Basketweaving ~ 10:00 ~ Room 303  
Renaissance Strings ~ 10:00 ~ Atrium  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Sing Along ~ 10:15 ~ Cafeteria  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Dulcimer ~ 11:00 ~ Atrium  
Shuffleboard ~ 1:00 ~ Ceramics Hallway  
Pickleball ~ 1:00 ~ Gym  
Basketball ~ 4:00 ~ Gym  
Ballroom Video Class ~ 4:30pm ~ Room 302

Wednesday

SilverSneakers Classic~ 8:15 ~ Gym  
Tai-chi ~ 8:30 ~ Room 310  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Intermediate Clay ~ 10:00 ~ Clay/Ceramic Studio  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Intermediate Clogging ~ 11:15 ~ Room 302  
Hand and Foot Card Game ~ 12:30 ~ Card Room  
Belly Dancing ~ 1:00 ~ Room 302  
Table Tennis ~ 1:00 ~ Gym

Thursday

Zumba Fitness ~ 8:15 a.m.  
Mini Cardio ~ 8:45 ~ Room 302  
Ceramics ~ 9:00 ~ Ceramics/Clay Studio  
Woodcarving ~ 9:00 ~ Room 303  
Strength Training ~ 9:30 ~ Gym  
Beginning Clogging ~ 10:00 ~ Room 302  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Exercise for Everybody ~ 10:30 ~ Gym  
Beginning Belly Dance ~ 11:30 ~ Room 302  
Jam Session ~ 12:30 ~ Cafeteria  
Volleyball ~ 1:00~ Gym  
Pickleball ~ 4:00 ~ Gym

Friday

SilversSneakers Classic~ 8:15 ~ Gym  
Genealogy Group ~ 9:00 ~ Computer Lab  
Open Woodshop ~ 9:00  
High Impact Aerobics ~ 9:15 ~ Gym  
Lap Swimming ~ 10:00-Noon ~ Aquatics Center  
Strength Training ~ 10:15 ~ Gym  
Piano Lessons ~ 1:00 ~ Multipurpose Room  
Pickleball ~ 1:00 ~ Gym  
Bridge Group ~ 1:00 ~ Card Room  
Mahjong ~ 1:30 ~ Multipurpose Room

Saturday

Basketball ~ 9:00 ~ Gym  
Table Tennis ~ 10:30 ~ Gym

The center will be ***closed***  
Saturday, May 24-Monday, May 26  
in remembrance of Memorial Day.

**We will offer free trial membership to new members during the months of May and June.**

TRAVEL AND SPECIAL EVENTS	
<p><b>Afternoon Tea Party</b>– Monday, May 5, 2014– Cafeteria– 12:30p.m.-1:20p;m.– Sign up now– Bring your favorite teapot and wear your best hat!</p> <p><b>OTLB: The Grovewood Café</b>– Friday, May 9, 2014– Asheville, NC– 9:30a.m.-6:00p.m.– Cost: \$8.00 and lunch on your own– Sign up now.</p> <p><b>Bristol Motor Speedway Tour</b>– Tuesday, May 13, 2014– Bristol, TN– 8:30a.m.-4:30p.m.– Cost: \$9.00 plus lunch on your own at Shoney’s– Sign up now!</p> <p><b>“Educating Rita” Barter Theater Stage 2</b>– Tuesday, May 20, 2014– Abingdon, VA– 10:30a.m.-6:00p.m.– Cost: \$20.00 plus lunch on your own at Red Lobster– Sign up now!</p> <p><b>Moses H. Cone Memorial Park and Parkway Craft Center</b>– Wednesday, May 21, 2014– Blowing Rock, NC– 8:30a.m.-5:30p.m.– Cost: \$18.00 includes transportation and picnic lunch– Sign up now!</p> <p><b>Trunk Sale</b>– Friday, May 30, 2014– Front parking lot– 8:00a.m.-12 noon– sign up for spot in the senior center office for free– Sign up begins April 2.</p> <p><b>OTLB: Hungry Mother State Park</b>– Friday, June 13, 2014– Watch for signs to be posted for more information or call the front office. Sign up will start May 6.</p>	<div><div><div><b><u>SHIP Volunteer Recruitment</u></b></div><div>Thursday, May 15, 2014</div><div>Card Room</div><div>12:30p.m.-2:00p.m.</div><div>FREE</div></div></div> <div><div><div><b><u>Game Day- “Ticket to Ride”</u></b></div><div>Monday, May 19, 2014</div><div>Card Room</div><div>12:30p.m.-1:30p.m.</div><div>This is a board game group. We hope to start a monthly game day. Come join us.</div><div><b>Sign up begins April 21.</b></div></div></div> <div><div><div><b><u>Zumba Toning Class Demo</u></b></div><div>Tuesday, May 13, 2014</div><div>Gym</div><div>2:00p.m.-3:00p.m.</div><div>FREE</div><div>Instructor: Linn Branchfield</div><div><b>Sign up begins April 14.</b> <b>Please sign up by May 12.</b></div></div><div><div>Senior Swim at the Aquatics Center will be <b>8:00a.m.-11:00a.m.</b> Monday-Friday <b>beginning on May 12.</b></div></div></div>

TRAVEL AND SPECIAL EVENTS

Ole Smoky Moonshine Distillery  
Tour with lunch at Mellow  
Mushroom

Wednesday, June 11, 2014  
Gatlinburg, TN  
8:30a.m.-5:00p.m.  
Cost: \$8.00 for transportation  
Lunch on your own.

Tour is free.

Gratuity will be included with lunch.

Distillery tour starts at 1:00 and lasts an hour. Free tasting available.

**Sign up begins May 6.**

Roan Mountain Hobo Pack Picnic

Friday, June 20, 2014  
Roan Mountain Shelter #2  
9:30a.m.-4:30p.m.  
Cost: \$14.00 for transportation and lunch  
Bring sides for hobo pack.

This should be peak season with the festival on the following two days. We will picnic and then drive to the top to see the rhododendrons in bloom.

Hobo pack will include– Meat, Veggies, water and soft drink.

**Sign up begins May 6.**

Folkmoot Art fest Festival with  
dinner at Moose Café

Saturday, July 26, 2014  
Waynesville, NC  
8:00a.m.-9:00p.m.  
Cost: \$8.00 transportation plus lunch on your own.

Street festival with international dancers, food, and crafts.

The Moose Café has been featured in Southern Living Magazine.

**Sign up begins May 13.**

Kingsport Senior Center Trip Refund  
Policy

When signing up for a trip please note if the trip is available for a refund should you have to cancel for any reason, even when there is an emergency. When pre-purchased tickets are involved, such as with the Wohlfahrt Haus or UT basketball games, refunds are only available if the center is able to sell the cancelled ticket to another member on the waiting list. The center tries very hard to sell the pre-paid ticket to those on the waiting list however in some instances this is not possible either due to no one on the waiting list or those on the waiting list have made other plans and not interested in going on the trip. This does not apply to long trips where insurance is involved or on trips that do not require pre-paid tickets.

# Your Page

## From the Dancing Corner

Come out to celebrate Spring and to welcome The Patti Quarles Trio, on May 9, 2014. Line dancing will begin at 6:30 PM with the band starting at 7:00 PM. Admission is \$5.00 per person. The Patti Quarles Trio blends Sinatra style vocals with keyboards, saxophone and drums. But also included is a varied mix of classic rock, rock and roll, and ballroom standards.

Patti Quarles is a keyboardist, vocalist, and songwriter who has lived in the Kingsport, TN Area for fifteen years. Born in Chicago, Illinois, Patti grew up in the Tidewater area of Virginia. Patti studied music at the Guildhall School of Music and Drama, London, England, the North Carolina School of the Arts, and under the direction of Clifford Herzer, a student of Rosanna Levine ~ Julliard School of Music.

Patti has performed on several South Carolina television shows and donated her talents to the March of Dimes and Cancer Research Benefits, Arts Councils, United Way, Christian Women's Club, Women's Symphony Ball, schools and nursing homes. She also accompanies middle and high school choirs, and Gospel artists including Carla Karst of Billy Graham and Franklin Graham Crusades, and Starla Harbin of Dr. Charles Stanley Ministries. She has also been the pianist for Kingsport's Liberty Celebration held at the Eastman Center. Patti has recorded two original CD's entitled "I'll Witness For Christ" and "Brokenness". She has served as pianist for Abingdon's Highlands Fellowship and several Tri-Cities area churches. Patti performs for a variety of engagements including weddings, country club receptions, civic functions and churches.

Tony Rominger, the second member of this trio is a very talented musician and vocalist. He plays the saxophone, electronic flute, and harmonica. He loves to get down with blues and jazz., but complements the keyboard stylings of Patti extremely well.

Jon Lawniczak contributes his mastery of percussion and drums to the group. Jon began his drumming career in Detroit playing for cutting-edge rock bands, TRAINABLE, IT PLAY, and the LAY-ABOUTS. Since moving to Kingsport TN, he has also played with the HASBEENS, Brim Leal, and BIG BAND THEORY.

Pull out your smooth-bottomed shoes and get ready for a pleasant evening of good music and dancing.



## Massage Therapy

Mondays and Tuesdays

9:00a.m.-3:00p.m. with Barbara Keesecker

call 423 - 735-7475

30 minute massage

Cost: \$15.00

Call to schedule appointment

**The woodshop will close down every last Friday of each month for cleaning.**

## Scratch Board Art— Flower Portrait

Friday, May 9, 2014

Room 303

10:00a.m.-2:00p.m.

Cost: \$45.00 paid to instructor

Instructor: Michelle Howe

See example in display case

**Sign up begins April 21.**

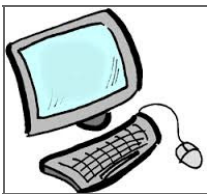
Like to play chess? Join us on Monday's at 9:00a.m. in the lounge!

NEWS TO USE	
<p>The Inter-City pool tournament was played on April 9th at 10:00a.m. at the Johnson City Senior Center. Kingsport Senior Center won the tournament and will keep the Inter-City trophy until they are beaten. Johnson City Senior Center was a gracious host. Kingsport Seniors will host a tournament soon.</p> <p>Players: Pill Stevens, Howard Osborne, Ron Begley, Roger Meade, Jack McDavid, Roger Robinette, Cookie Barnett, Lindsey Snapp, Tony Saucedo, David Reed  Alternatives: Larry Stout, Paul Chapman</p>	<p><b><u>Hannah’s Corner</u></b></p> <p>Sparkling Lemonade Punch</p> <p>1 cup CountryTime Lemonade mix  2 cups cold water  46oz. pineapple juice, chilled  1 liter (more or less, to taste)  Sprite, chilled</p> <p>Mix all ingredients together and add lemon slices for garnish.</p>
<p><b><u>Learn How to Make Chicken Salad Doves</u></b></p> <p>Wednesday, May 14, 2014  10:00a.m.-Noon  Lounge  Cost: \$2.00 paid to instructor</p> <p>Sign up now.</p> <p><b><u>Class is limited to 10 participants</u></b></p>	<p><b>The knitting group is needing yarn donations. Drop off at the office.</b></p>
	<p>Interested in a Rook class? Call Michelle at 392-8404</p>
<p><b><u>Bob Ross Style Painting</u></b></p> <p>Wednesday, May 21, 2014  10:00a.m.-2:00p.m.  Room 303  Cost: \$50.00 paid to instructor</p> <p>Bring your lunch. Supplies will be provided.</p> <p>Sign up now.</p>	<p><b><u>Basic Beginning Painting</u></b></p> <p>Friday, May 23, 2014  1:00p.m.-4:00p.m.  Room 303  Cost: \$20.00 paid to instructor</p> <p>Focus will be a still portrait of flowers.</p> <p>Sign up now.</p>



**Computer Class Schedule**

**\*\*Be watching for SilverSurfers class in June newsletter.**



**Genealogy Group , 9:00 am Friday's**  
**Computer lab is available when not being used for class.**

**Interested in Needle Tatting?**  
**If so, call the senior center office.**  
**We need 5 to schedule a class.**

**Generations Online Internet Class**

Mondays, Wednesdays and Fridays  
1:00pm - 5:00pm

This is an opportunity to learn how to use the internet. You will learn the basics of the internet, the lingo, how to use a mouse, send an email, and how to use a search engine. This is a free class. Sessions are taught by a tutorial on the computer. "Peer Coach" - Shelia will be there to assist you. Contact Shelia in the computer room to make sure there is a computer available for you. Please call 392-8433. **Last day for these classes is May 15th.**

**Manicures**

Provided by DB Cosmetology students  
Tuesday, May 13, 2014  
Appointments are 11:30 a.m.—1:30 p.m.  
1 Hour appointments  
Cost: \$2.00, paid to manicurist  
Sign up in the senior center office



**KARAOKE**  
**Tuesday, May 13, 2014**

**SMILE: Volunteers Wanted**

- (See Michelle if interested)
- Planting flowers in outside flower boxes– TBA
  - Library Book Day– July, etc.
  - Volunteer Instructors
  - Tour guides/Greeters for Center
    - Exercise Room
    - Office Clerical
    - Entertainment
    - Program Liaison
    - Computer Lab
    - Nutritional Assistant

**Attend SMILE meeting- Thursday, May 8 at 2:00 in Room 239.**

**Library Book Day**  
Thursday, May 15, 2014

# Spring Session Classes 2014

Classes begin week of April 7, 2014—week of June 23, 2014, unless otherwise noted.

**Aerobics**

- Monday, Wednesday, Friday (ongoing)
- Time: 9:15am - 10:00am
- Location: Gym
- Instructor: Terri Farthing
- Lo-hi Impact Aerobics

**Ballroom Video Class**

- Tuesday
  - Time: 4:30pm - 6:30pm
  - Room 302
- No instructor, practice to own

**Basket weaving**

- Tuesday
- Time: 9:00am-12:30pm
- Location: Room 303
- Instructor: Lynne Bowers



**Belly Dance for Beginners (Women Only)**

- Thursday
- Time: 11:30am-12:30pm
- Location: Room 302
- Instructor: Angela Price

**Belly Dancing - (Women Only)**

- Wednesday
- Time: 1:00pm
- Location: Room 302
- Instructor: Angela Price
- Great for your abdominals

**Camera Club**

Please visit website for meeting times  
Instructor: Claude Kelly  
Website: [www.scphotogroup.com](http://www.scphotogroup.com)

**Ceramics**

- Tuesday and Thursday
- Time: 9:00am - 11:00am
- Location: Ceramic/Clay Studio
- Instructor: Mary Lamson
- Please remember your annual \$10 firing fee**

**Clay (Beginning Hand building)**

- Monday Beginning March 31-June 2, 2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pay at signup; no refunds
- Class will include un-instructed lab time on Tuesday's (April 1-May 27, 2014) from 1-3 p.m. This lab time will be used for practice.

**Clay (Intermediate Hand building)**

- Wednesday beginning April 2-June 4, 2014
- Time: 10:00am-3:00pm
- Location: Ceramic Room
- Instructor: Aleta Chandler
- Fee: \$30.00, plus \$10.00 firing fee
- Pre-requisite must have taken beginning hand building.

**Clogging - (Beginning)**

- Thursday
- Time: 10:00am-11:30am
- Location: Room 302
- Instructor: Angela Price
- Must have 8 new beginners
- Sign up in office

**Clogging - (Intermediate)**

- Wednesday
- Time: 11:15am
- Location: Room 302
- Instructor: Angela Price

**Dulcimer (Beginners)**

- Tuesday
- Time: 11:00am
- Location: Atrium
- Instructor: Sharon McCurry
- Learn to play this beautiful Instrument

**Exercise for Everybody**

- Tuesday & Thursday
- Time: 10:30am
- Location: Gym
- Instructor: Kevin Lytle

# Spring Session Classes 2014

## Happy Day Singers

- Monday
- Time: 9:45am
- Inspirational singing at nursing homes

Any member wanting to participate meet outside the senior center office each Monday at 9:00 a.m. we travel by bus to location where we are scheduled to sing.

## Jam Session

- Thursday
- Time: 12:30 noon
- Location: Cafeteria
- Bring your instrument and play with the group, dance or just enjoy the music!

## Karaoke

- 3rd Tuesday each month
- Time: 4:00pm
- Location: Cafeteria
- Bring a snack

## Knitting Class

- Monday
- Time: 1:00 - 3:00pm
- Location: Room 303
- Instructor: Barbara White
- All skill levels

## Lap Swimming

- M-F
- Time: 8:00am-11:00am
- Location: Aquatics Center
- No instructor, lap swimming
- Locker room and warm water pool available for use.

## Mahjong

- Friday
  - Time: 1:30pm
  - Location: Multipurpose Room
  - Instructor: Jean Chang
- Beginners to Advanced players Welcome.

## Mini Cardio Exercise Class

- Tuesday & Thursday
- Time: 8:45am - 9:15am
- Room: 302
- Instructor: Roger Hixson

## Piano Lessons

- Friday's
- Time: 1:00pm-3:00pm
- Room: Multipurpose Room
- Instructor: Freda Karsnak
- Fee: \$15.00 paid to instructor
- Call to schedule appointment 423-292-2711

## Quilting

- Monday
- Time: 9:00am - 10:30am
- Location: Room 303
- Instructor: John Plutchak

## Renaissance Strings

- Tuesday
- Time: 10:00am - 11:00am
- Location: Atrium
- Instructors: Lucile Hincke and Jan Fenelon

## SilverSneakers Classic

- Monday, Wednesday & Friday
- Time: 8:15am - 9:00am
- Location: Gym
- Low Impact Aerobics
- Instructor: Terri Bowling

## Strength Training

- Monday, Wednesday & Friday
- Time: 10:15am - 11:00am
- Location: Gym
- Instructor: Terri Farthing

## Strength Training

- Tuesday, Thursday
- Time 9:30am - 10:30am
- Location: Gym
- Instructor: Kevin Lytle

## Tai-Chi

- Monday & Wednesday
- Time: 8:30am
- Location: Senior center, Room 310
- Instructor: Miranda Chen

## Woodcarving

- Thursdays
- Time: 9:00am - 12:00 noon
- Location: Room 303
- Beginners welcome

## Woodshop

- Monday, Wednesday, Friday
- Time: 9:00am-2:00pm
- Location: Woodshop
- Volunteer Instructors
- Complete woodshop. **Safety test Required, given 1st Monday of each month at 9 am.**

## Zumba

- Tuesday and Thursday
- Time: 8:15am
- Location: Gym
- Instructor: Terri Bowling

# WINTER 2014 BRANCH SITE SCHEDULE

<p><b><u>Core Conditioning</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li><li>• Great for all ages</li><li>• Gain core strength</li></ul> <p><b><u>Beginning Crochet (May 13)</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• 11:00-</li><li>• Instructor: Susan Egan</li><li>• Location: Lynn View Branch Site</li><li>• \$20.00</li><li>• Must be right handed, call for materials list. 765-9047</li></ul> <p><b><u>Intermediate Crochet (May 13)</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• 6 week class</li><li>• Instructor: Susan Egan</li><li>• Location: Lynn View Branch site</li><li>• 11:30</li><li>• \$20.00</li><li>• Bring your own pattern</li></ul> <p><b><u>Beginning Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 10:00am - 12:00 noon</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Basic drawing class</li></ul> <p><b><u>Advanced Drawing</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 9:00am –11:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Jo Anne McDonough</li><li>• Must have taken the beginning class or have permission of the instructor</li></ul> <p><b><u>Line Dance - Beginning</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li></ul> <p><b><u>Line Dance - Intermediate</u></b></p> <ul style="list-style-type: none"><li>• Monday</li><li>• Time: 12:45pm –1:45pm</li><li>• Location: Boys/Girls Club</li><li>• Instructor: Lyna Faye McConnell</li><li>• Faster-paced, less instruction for advanced dancers.</li></ul>	<p><b><u>Advanced Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:00am - 11:30am</li><li>• Location: First Broad Street UMC Rec. Room</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Private Personal Training with Chris</u></b></p> <ul style="list-style-type: none"><li>• Call for appointment ~ 723-9967</li><li>• Call for prices</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Artist and Crafters Monthly Breakfast</u></b></p> <ul style="list-style-type: none"><li>• 2nd Tuesday</li><li>• 9:30am</li><li>• Lynn View Branch Site</li><li>• Please call for reservation 765-9047</li></ul> <p><b><u>Strength Training</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 9:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Yoga</u></b></p> <ul style="list-style-type: none"><li>• Tuesday and Thursday</li><li>• Time: 11:30am - 12:30pm</li><li>• Location: First Broad Street UMC</li><li>• Instructor: Tish Kashdan</li></ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"><li>• Tuesday 10:45am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: BJ Goliday</li><li>• Minimum of 8 students required</li></ul> <p><b><u>SilverSneakers Muscular Strength and Range of Movement</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 10:00am</li><li>• Location: Lynn View Branch Site</li><li>• Instructor: Chris Hicks</li></ul> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"><li>• Tuesday</li><li>• Time: 9:30am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Terri Bowling</li><li>• This class is a combination Pilates and kick boxing and is an intense workout.</li></ul>	<p><b><u>Total Body Workout</u></b></p> <ul style="list-style-type: none"><li>• Monday and Wednesday</li><li>• Time: 9:30am</li><li>• Location: VO Dobbins Community Center Gym #2</li><li>• Instructor, Terri Bowling</li></ul> <p><b><u>Game Day</u></b></p> <ul style="list-style-type: none"><li>• 3rd Tuesday of Month</li><li>• Time: 12:00 noon</li><li>• Lynn View Cafeteria</li><li>• Group Leader: TBA</li><li>• Sequence and variety of board games</li><li>•</li></ul> <p><b><u>Pickleball</u></b></p> <ul style="list-style-type: none"><li>• Monday, Wednesday &amp; Friday</li><li>• Time: 1:00pm - 3:00pm</li><li>• Lynn View Branch Site</li></ul> <p><b><u>Silver Sneakers Yoga</u></b></p> <ul style="list-style-type: none"><li>• Wednesday</li><li>• Time: 11:00am</li><li>• Location: Colonial Heights Baptist Church</li><li>• Instructor: Darlene Taylor</li></ul> <p><b><u>Indoor Walking</u></b></p> <ul style="list-style-type: none"><li>• Monday - Friday</li><li>• Time: 9:00am - 12:00 noon</li><li>• Location: Colonial Heights Baptist Church walking track</li><li>• There will be a roster in the gym office at the church. Please sign the roster as with any other class.</li><li>•</li></ul> <p><b><u>Silver Sneakers Yoga</u></b></p> <p>Thursdays Time: 11:00 Location: Lynn View Branch Site Instructor: Chris Hicks</p>
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**Artists Wanted**

The Kingsport Senior Artisan Center is looking for a few new original artists to display and sell their work in our Artisan Center. Unique, original, hand made items will be considered. Please call for information. Cindy at 423 392-8402 or Hannah at 423-765-9047.

Visit our website  
[www.kingsportseniorartisancenter.com](http://www.kingsportseniorartisancenter.com)  
And like us on Facebook

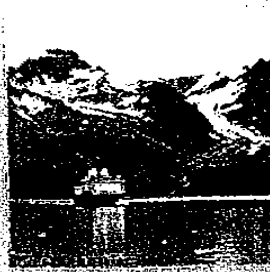


<div data-bbox="108 475 677 615">  <p><b>Kingsport</b> <b>Adult Education</b></p> </div> <p>Kingsport Adult Education classes are administered by The Kingsport Senior Center. For more information or to sign up for a class, please Call 423-392-8400. All classes are subject to cancellation if enrollment does not meet minimum numbers. Minimum number varies by class. Fees will be returned on 1st night of class if cancelled.</p> <p><b>JOB SKILLS</b></p> <div data-bbox="124 1174 514 1439">  </div> <p><b><u>21ST CENTURY JOB SEEKING *NEW</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks</li> <li>• Fee \$100</li> <li>• Instructor: TBA</li> <li>• Wednesday 6:00pm - 8:00pm</li> <li>• Location: Computer Lab, Senior Center</li> <li>• Will cover, computer basics, job search skills, resumes, cover letters, common requirements and the interview</li> </ul> <p><b><u>2008 National Electric Code (Commercial)</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee: \$70</li> <li>• Monday 6:00pm - 8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul> <p><b><u>2008 National Electric Code (Residential) Begins 1/13/14</u></b></p> <ul style="list-style-type: none"> <li>• 8 Weeks</li> <li>• Fee \$70</li> <li>• Monday 6:00pm-8:00pm</li> <li>• Instructor: Chris Ferrell, Electrical Inspector</li> <li>• Location: Renaissance Center Cafeteria</li> </ul>	<p><b><u>Beginning Heating Ventilation and Air Conditioning Certification Preparation</u></b></p> <ul style="list-style-type: none"> <li>• Part I</li> <li>• 10 Weeks</li> <li>• Fee: \$165</li> <li>• Tuesday 6:00pm - 9:00pm</li> <li>• Instructor: Jim Dotson</li> <li>• Location: Multipurpose Room, Renaissance Center</li> </ul> <p>There will be one more 10 week session following this class. Upon completion of all three sessions you will be prepared to take your certification test. Must have a minimum of 5 students. Must pre-register.</p> <p><b><u>CULTURAL/ARTS/CRAFTS</u></b></p> <p><b><u>Card Making Workshop</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: TBA</li> <li>• Fee: \$10/includes materials</li> <li>• Location: Lynn View Community Center</li> </ul> <p>You will make five cards and take materials home to make five additional cards.</p> <p><b><u>Beginning Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 4:00 P.M.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p>Thursdays 11 classes (Begins Jan 16) 4:30 p.m.</p> <p>Instructor: Jean Chang Fee:\$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>Intermediate Chinese Class</u></b></p> <p>Wednesdays 11 classes (Begins Jan 15) 5:15 P.M.</p> <p>Instructor: Jean Chang Fee: \$55 per child or \$75 for child with a parent Location: Kingsport Renaissance Center</p> <p><b><u>HEALTH/EXERCISE</u></b></p> <p><b><u>Personal Training with Chris</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Available by the hour or as package</li> <li>• Contact Chris (423-741-5643)</li> </ul>	<p><b><u>SilverSneakers Yoga:</u></b></p> <ul style="list-style-type: none"> <li>• Instructor: Chris Hicks</li> <li>• Thursday, 11:00a.m.</li> <li>• Location: Lynn View cafeteria</li> </ul> <p><b><u>Zumba Fitness</u></b></p> <ul style="list-style-type: none"> <li>• 6 weeks (Begins Jan 16)</li> <li>• \$25 fee per session</li> <li>• Thursday, 5:15pm</li> <li>• Instructor: Becky Mills</li> <li>• Location: Lynn View Community Center, Cafeteria</li> </ul> <div data-bbox="1352 944 1729 1280">   </div> <p><b><u>Piloxing</u></b></p> <ul style="list-style-type: none"> <li>• Tuesday, 6:00pm (Begins Jan 14)</li> <li>• Instructor: Becky Mills</li> <li>• Limited to 15 participants</li> <li>• Location: Kingsport Renaissance Center</li> <li>• \$30.00 payable first night of class</li> </ul> <p><b><u>DANCE CLASSES</u></b></p> <p><b><u>Beginning Line Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 23)</li> <li>• Fee: \$25</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Thursday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Couples Dance</u></b></p> <ul style="list-style-type: none"> <li>• 8 weeks class (Begins Jan 22)</li> <li>• Fee: \$25 or free if you take Line Dance class</li> <li>• Instructor: Lyna Faye McConnell</li> <li>• Wednesday, 6:30pm - 8:00pm</li> <li>• Location: Lynn View Community Center</li> </ul> <p><b><u>Salsa Dance</u></b></p> <ul style="list-style-type: none"> <li>• 4 weeks class (Begins February 4)</li> <li>• Tuesday and Thursday</li> <li>• Time: 1:30pm</li> <li>• Room 302, Renaissance Center</li> <li>• Instructor: BJ Goliday</li> </ul> <p>* Call for starting dates where not listed.</p>
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# Senior Dance Showcase '14





# Kingsport Senior Center

Presents a Fabulous Vacation To

## ***Branson, Missouri***

*A unique combination of neon and nature, where the stars in the theaters are as luminescent as the stars in the expansive night sky.*



### **Your 6 Day/5 Night Package Includes:**

- 5 Nights Hotel Accommodations
- 5 Breakfasts at your Hotel
- 3 Wonderful Dinners
- 2 Hotel Receptions with Hotel Food & Cold Beverages



### **5 Fabulous Shows in Branson such as:**

**Magnificent Seven** - *Singing, Dancing, Drama, Side Splitting Comedy, and 7 Decades of YOUR Favorite Music make the Magnificent 7 Variety Show a MUST - SEE Attraction!*

**The Pierce Arrow Show** - *With Pierce Arrow, talent overflows, from the World's lowest bass singers according to the Guinness Book of World Records, to masterful harmonies and expert entertainers.*

**The Showboat Branson Belle** - *Your lake cruise and Branson dinner show feature the exciting new stage production "Made In The USA!"*

**Buck Trent** - *Buck's multi-talented cast delivers non-stop action with bluegrass, gospel, country, and plenty of laughs.*

**And More...**

### **Shopping at Branson's Outlet and Specialty Malls including**

*The Yankee Candle Store & Kringle's - Missouri's' largest Christmas shop*

Standard Taxes, Meal Gratuities and Baggage Handling

Deluxe Motor Coach Transportation

### **For Information and/or Reservations, Please Contact:**

**Marlana Williams @ 423-392-8405**

**Date of Trip:** June 15 – June 20, 2014

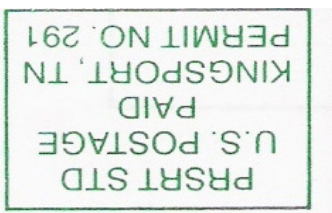
**Price:** \$699.00/Person – Double Occupancy

**Travel Protection:** Travel Protection can be purchased at \$79.00/person – double occupancy. If you wish to purchase Travel Protection, please send in a separate check made payable the PML Travel & Tours. Travel Protection should be purchased at the time of your initial deposit to ensure full benefits.

Fuel surcharges by all transportation companies may be assessed.

Toll Free USA: 1.800.872.4868   Toll Free USA & Canada: 1.800.486.7651   [websales@pmltours.com](mailto:websales@pmltours.com)  
*Members Of: National Tour Association / Consumer Protection Plan / Cruise Lines International Association / American Bus Association*





**Kingsport Senior Center  
1200 E. Center Street  
Kingsport, TN. 37660  
Phone: 423-392-8400**

# picnic at the Park

Thursday, May 22, 2014

Warriors Path State Park  
Shelter #5

11:30a.m.-2:30p.m.

Cost: \$2.00 at sign up plus bring a  
side dish

Sign up now!!!

We will be serving  
hamburgers with all the  
trimmings!

Entertainment by:  
John Pafford Band